

VISIT...

LANZAROTE
Caliente.COM

500+ Healthy Chinese Recipes Cookbook

**Learn How to Cook Low Fat & Low Carb Chinese Food
from Master Chef w/ 40 years of cooking experience!**

[CLICK HERE TO DOWNLOAD THIS E-BOOK](#)



Chinese Cookbook
How to Cook Chinese Food

In Less Than 5 Minutes, I Will Show You How To Cook Delicious Dinner Like This:



For The Whole Family In 35 Minutes!



Chef Nicholas Zhou (me:-))

From: Nicholas Zhou
2005/11/07

Dear Friend,

I'm Nicholas Zhou. I **love** Chinese food **since I was born**.

I began to learn cooking Chinese food from my mom when I was 9. I was able to know the difference between ginger and garlic and how to use a pancake turner.

When I was 12, I began to help my aunt in the kitchen (this was how I paid for my school clothes and supplies). My aunt was a very famous chef in town. Actually she was like the local chief chef and was invited to cook for all the major events, feasts and wedding parties held in town. She taught me **everything** about cooking - selecting ingredients, balancing nutrition, 6 key techniques in Chinese cooking, 8 Chinese cooking styles and even table etiquette.

I still remember one day when I was 15.

"Hui (my nick name), I don't have anything to teach you any more." My aunt said after a graduation feast. I guess that's when I graduated from Chinese cooking school.

In the past 10 years, I never stopped learning cooking. I always bring my favorite Joyce Chen wok with me whenever I move to.

But I **never** thought of coming up with a cookbook until February 3rd, 1997 - my aunt passed away because of cancer. I didn't have a chance to say goodbye to her face to face because I was going to college far away from hometown. I was thinking of doing something for her. **Nothing is better than writing a cookbook.**

After **one and a half years** of work, I came up with the Chinese version cookbook in 1998 and got it published with a national publisher. About 560,000 copies have been sold since then.

In 2000, my friend suggested me to translate my cookbook into English and bring it to all people around the world who love Chinese food. In order to let this book be suitable for **most people**, I visited **all the major Chinese restaurants** here in Ohio and studied **hundreds of restaurant menus**. I talked to **scores of doctors** about healthy eating and nutrition. I subscribed to several major health publications and read health news regularly. After **two years of research**, I came up with my English version e-cookbook "**Real and Healthy Chinese Cooking**".



So this is **NOT** an ordinary cookbook. It is a cookbook packed with:

- A master chef's **45 years of cooking experience**
- 20 years of my Chinese cooking practice
- Almost 4 years of cooking, writing and research
- And of course, my **love** for my aunt for my whole life

You will be **delighted** to find this cookbook.



I am having dinner with my friends (The leftmost is me!).

Eat a Healthy and Balanced Diet

Some people don't really understand how important eating healthy food is to us. Let's look at some statement:

1. Over **a billion people** worldwide are now overweight and **300 million** are clinically obese. People who are overweight have a higher risk of developing **serious health problems** in later life, including heart disease, diabetes, stroke, type 2 diabetes, bowel cancer, and high blood pressure. Most people put on excess weight because their lifestyles include an **unhealthy diet** and a lack of physical activity.
2. According to Cancer Epidemiology, Biomarkers and Prevention, post-menopausal women may **reduce their risk of developing cancer by 35%** if they **eat a healthy diet** and lead a healthy lifestyle. This result was based on 29,564 post-menopausal women, aged 55-69 for a research period of 13 years.
3. People who ate three or more servings of fruit per day have **36% lower risk** of developing the sight loss than people who ate less than one and a half servings per day. (According to Archives of Ophthalmology)
4. Eat **low fat food** regularly can reduce the chance of developing heart disease and certain cancers.
5. **Calorie reduction** can increase life expectancy by **up to 30 percent**
6. Vitamins can **cut cancer death rates by 37%**
7. Foods that contain the mineral selenium and plant-based chemical sulforaphane in combination may have **a 13 times greater ability** to protect against cancer than when the food compounds are used separately.

.....

This list can go on and on. But I think you've got the point:

Eat healthy and balanced food daily can protect us from developing major health problems like heart disease, cancer, diabetes, stroke and high blood pressure.

Chinese Food IS the Solution: Healthy & Balanced Food for You!

Ancient Chinese philosophy has a very important influence in Chinese food culture. Let's first look at a very interesting picture:



This is the traditional symbol for the forces of **yin** and **yang**, sometimes described as two fish swimming head to tail. The left half is yin and the right half is yang. Taken literally, yin and yang mean *the dark side and sunny side of a hill*.

People commonly think of yin and yang as opposing forces. However, it is really more appropriate to view them as **complementary pairs**. The Chinese believe problems arise not when the two forces are battling, but when there is an **imbalance between them**. Floods, divorce, or even a fire in the kitchen - all can be attributed to **disharmony** in the forces of yin and yang.

How does the concept of yin and yang relate to **food**?

A basic adherence to this philosophy can be found in **ANY Chinese dish**, from stir-fried beef with broccoli to sweet and sour pork. There is always a balance in color, flavors, and textures.

However, belief in the importance of following the principles of yin and yang in the diet extends further.

Certain foods have yin properties, while others have yang properties - Cooling or warm, fat or non-fat, high-calorie or low-calorie, and etc.

Almost no foodstuff is purely yin or yang - it's more that one characteristic tends to dominate. It also reinforces that it is not so much the individual ingredients, as the **the balance and contrast** between ingredients in each dish, that is important. Interestingly, cooking methods also have more of a yin or yang property, as the list below demonstrates.

Cooking Methods:

Yin Qualities

Boiling
Poaching
Steaming

Yang Qualities

Deep-frying
Roasting
Stir-frying

Types of Foods:

Yin Foods

Bean Sprouts
Cabbage
Carrots
Crab
Cucumber
Duck
Tofu
Watercress
Water

Yang Foods

Bamboo
Beef
Chicken
Eggs
Ginger
Glutinous Rice
Mushrooms
Sesame Oil
Wine

Chinese food emphasizes on **consuming a diet that contains a healthy balance** between yin and yang. You'll find most Chinese dishes are made of a **mixture of ingredients** and each meal is made up of **a combination of dishes**.

That's why:

- You always get a cup of steamed rice for every entree
- There is usually vegetable mixed with meat entree
- A fried dish usually comes with a steamed dish or soup

I know you have already realized that **Chinese food is healthy and balanced food that is good for your health**.

Actually according to a survey held by the food industry,

- **72.4%** people think that Chinese food is healthy
- **89.3%** people like Chinese food
- **67.8%** people would like to cook Chinese food if they know how

Before you start looking for vitamin pills or supplements, **start eating a health and balanced diet from today.**

Over 500 Authentic and Healthy Chinese Recipes for Your Lifetime

In this **543-page cookbook**, you'll find:

- **338 low carb** recipes
- **289 low fat** recipes
- **356 low calorie** recipes
- **118 fruit, vegetable and vegetarian** recipes
- **22 tofu (bean curd)** recipes
- 10 rice, fried recipes
- 65 beef recipes
- 82 chicken recipes
- 69 pork recipes
- 65 seafood recipes
- 21 noodle recipes
- 23 soup and stew recipes
- 46 appetizer recipes
- 22 dessert recipes
- 13 lamb and veal recipes

* Please note that there is cross-listing.

Quick & Easy Meal for Your Family in 45 Minutes

All of my recipes are geared specifically toward those of you who are **very busy** with other important parts of your lives. **No fancy ingredients** or **equipment** required. I've ***simplified everything*** for you!

Never spend **hours** to prepare a dinner for your family any more, or a whole afternoon for your graduation party. Armed with this cookbook, you could easily fix **a whole table of delicious dishes** in **less than 45 minutes**.

Here are just a few of the recipes you can make for dinner **tonight**:

- Mapo Dofu
- Kung Pao Chicken
- Apples in Spun Syrup

Guess how long it takes for you to cook these 3 dishes? **Less than 45 minutes!**

But don't take my word for it, here's what people are talking about it.



Thank you Nicholas for the wonderful cook book, you have done a fabulous job on it.

I have been in New York for a while now at the culinary institute in Hyde Park. So I haven't been active on your recipe exchange. I am looking forward to using some of these recipes at the restaurant also...

Warmest regards,

Beryl Potter
Author: Recipes from a British Grandma

Hi dear Mr. Zhou

Just wanted to write and let you know we are enjoying the cookbook very much. We tried the Cantonese Spring Rolls last night and boy was it good. So far my wife's favorite has been the Boiled Dumplings.

I can't wait to try the baby back ribs...grin.

Thanks again for some great eating!

Howard Leggett
Author: The Road to Healthy Eating

Before You Carry on, Get Your FREE Subscription To My 'Real And Healthy Chinese Cooking' Email Newsletter...

About once a week you'll receive a free email newsletter that teaches you the secrets to cook quick, easy, authentic and healthy Chinese food.

There is no cost or obligation. **You can unsubscribe anytime.** Just enter your first name and email address below to subscribe now.

Your First Name:

Your E-mail Address:

This is a private mailing list and it will **never** be sold or given away to any third party for any reason (click here to read our [Privacy Policy](#)). **You can also un-subscribe if you ever want.**

Get All the Secret Recipes in Your Favorite Chinese Restaurant

Do you go to Chinese restaurants very often? If yes, you must have heard of these dishes:

- o **Boiled Crab Legs** (here it is!)
- o Kung Pao Chicken
- o General Tso's Chicken
- o Beef with Broccoli
- o Moo Goo Gai Pan
- o Wonton Soup
- o Sweet Sour Chicken
- o Vegetable Lo Mein

Have you ever thought that you can also make **ALL of them** in **your own kitchen**? Ever wonder how your family may react when you cook **Cashew Chicken** for them? How about **Bubble Tea** for your birthday party? I know you **WILL** like that feeling!

Recipes with 173 Colorful Pictures?!

Chinese cuisine aims for perfection and balance among four elements in each dish: **color, aroma or fragrance, flavor, and presentation**. Colors should be pleasing, showing that the ingredients are fresh and tender. Aromas should be appetizing. Finally, the dish should be beautifully arranged and presented. Good Chinese cooking is also distinguished by its **meticulous cutting, careful blending of seasonings**, and attention to **temperature control**.

With this in mind, I feel it's better if I can add pictures into the cookbook. I know it's a little bit scary to cook Chinese food by yourself for the first time - **You never know how the dish should look like.**

But **NOT** with my cookbook! You will get **543 pages** of **over 500 recipes** with **173 color pictures!**

Secret Cooking Tips & Techniques from Master Chinese Chefs

Ever feel confused by Chinese cooking techniques like **deep-frying, stir-frying, sauteing** and **marinades**? In my cookbook you'll learn:

- o **The basic techniques used in Chinese cooking.** Precooking techniques such as parboiling and partial frying.

- **Key cooking techniques in Chinese cuisine** including frying, sauteing, braising, stewing, boiling, simmering, steaming, "flavor-potting," and smoking.
- **Secret cooking tips used by professional Chinese chefs** including Cooking temperatures, cooking with oil, marinades, sugar and other coatings, sauces, gravies, stocks and flavoring sauces.

One Cookbook with All 4 Major Chinese Cooking Styles

Learn how to cook the most popular dishes from four major regions in China.

- **Beijing.** Beijing cuisine is also called "mandarin cuisine". Many of the foods in this region are wheat-based (as opposed to rice-based). Beijing cuisine consists of a variety of dumplings, baked and steamed breads, various buns and noodles.

Mandarin-style meals usually include vegetable dishes, soups, tofu (soybean curd), and fish. The food is mild in taste, is often slightly oily, and vinegar and garlic are common ingredients; food is frequently fried, stewed, or braised.

- **Cantonese.** From Canton or "Guangdong" Province in the southeastern part of China (the same area as Hong Kong), Cantonese food is the mildest and most common kind of Chinese food in the United States and many other countries.

Cantonese food tends to be more colorful, less spicy and is usually stir fried, which preserves both the texture and flavor.

- **Szechwan and Hunan.** Food from the Szechwan (or "Four Rivers") basin is characteristic south-western Chinese food. Food throughout the western regions of China are liberal in their use of garlic, scallions, and chilly. Consequently, it's the spiciest region of Chinese food available and certainly very tasty. When prepared in a traditional manner, many of the dishes are very hot, although banquet dishes tend to be milder.

Sichuan food is distinguished by its hot peppery taste, while food from neighboring Hunan province is richer and a bit more oily, and may be either spicy and hot or sweet and sour. Chicken, pork, river fish, and shellfish are all popular items.

Choose your favorite dishes based on different styles. **But never limit yourself from one style.** You can always find wonderful dishes from every cooking style.

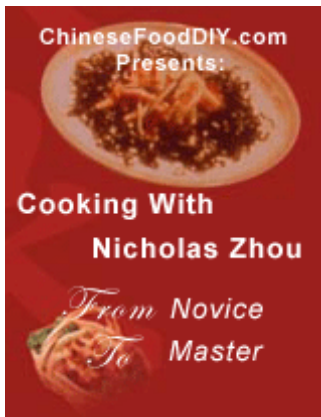
Take a L@@K: Some of Your Favorite Chinese Food Recipes

You can get access to **over 500 of my favorite Chinese food recipes.** I will share with you both my favorite old fashioned recipes, and some healthier variations. Some of the recipes include mouthwatering:

and much more.....

Four Super Bonuses

Bonus #1: "Cooking With Nicholas Zhou: From Novice To Master"

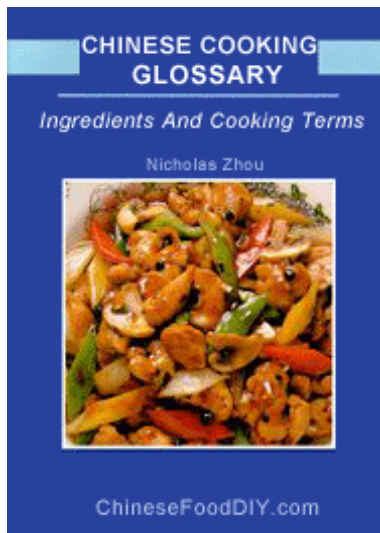


- + Over 100+ pages of Chinese cooking guide from Nicholas Zhou
- + 200+ cooking tips and secrets from professional Chinese cooks
- + 50+ basic Chinese cooking methods and techniques
- + Nicholas Zhou's shopping guide to common Chinese ingredients and cookware
- + Chinese food culture profile - Know it before master it
- + Your Virtual cooking school - never spend hundreds dollars and tremendous hours in local cooking school anymore

... plus much, much more!

It's regarded as the most complete while simplest guide to real Chinese cooking. Other people are selling this kind of book for \$20 or \$30, but I am going to **give it to you as FREE bonus**.

Bonus #2: "Chinese Cooking Glossary: Ingredients And Cooking Terms"



This **150-page** ebook contains:

- + **500** Chinese cooking ingredients and terms
- + Over **200 colorful pictures**
- + **Storage, preparation and cooking suggestions**
- + **Substitute information**
- + And much more...

Armed with this powerful ebook that took me **5 years** to finish, you'll never need to search everywhere to find certain ingredients and the meaning of a certain cooking term anymore. You can access **over 500 most popular Chinese cooking ingredients and cooking terms** with a click of button. What's more, you can find **over 200 colorful pictures** that will tell you exactly how those "weird" ingredients look like! - **A super bonus for FREE!**

Bonus #3: "FREE Real & Healthy Chinese Cooking Weekly Newsletter"

"**Real & Healthy Chinese Cooking**" newsletter is delivered weekly, which contains only **new and original** healthy Chinese recipes and valuable cooking tips that you can use in your everyday cooking.

There are probably thousands and thousands of "cooking" related newsletters out there, and most just ramble on about nothing.

Our newsletter is **guaranteed** to be short and **to the point**. All about **quick, easy, and healthy Chinese cooking**. It has helped over **15,000 people worldwide** to improve their health.

Bonus #4: "FREE Lifetime Upgrade"

I will keep adding new recipes, pictures, cooking tips and cooking terms into all my 3 ebooks including **"Real And Healthy Chinese Cooking"**, **"Cooking With Nicholas Zhou"** and **"Chinese Cooking Glossary"**. Whenever I do any update, I will send you email with the link to download the updated version - **FREE for your lifetime!**

Dear Nicholas Zhou,

This is to let you know how much I appreciate your recipes. I have been looking for years for Chinese food recipes and until now have not received more authentic tasting recipes. Thank you again and keep up the good work.

Jean
California, USA

It is that Simple!

NOBODY else is showing you this. **NOBODY** else has such an extensive collection of **authentic and healthy** Chinese recipes in the past.

Don't be fooled by some of the **HUGE, free recipe** sites online. A large percentage of those recipes **won't be healthy**, many won't be quick-to-prepare, and who knows if they're any good since they are most often posted by **anyone** who wants to submit a recipe. You'll have to **WADE THROUGH** a lot of duds to find recipes meeting your criteria at these sites, but.....

ALL of the recipes in my cookbook meet **3 VERY IMPORTANT CRITERIA:**

- Quick and easy to prepare
- Healthy and nutritious
- Delicious

So, are you impressed? Sure you are!

You can get my 543 page cookbook for only ~~\$35.00~~ \$19.97 (**IMPORTANT NOTE: Real & Healthy Chinese Cooking is actually worth well over \$35, but if you act before November 10, 2005, just 3 days from now, you can have it for JUST \$19.97 once — a 43%+ savings!**). You understand that this is **nothing** compared to what you'll spend in Chinese restaurants, vitamin pills and supplements or your local cooking school! I know another Chinese food cookbook which only has 230 recipes and is sold for \$34. Most good online cookbooks are sold between \$25 to \$45. Never mention those expensive cooking schools. They usually cost hundreds of dollars.

At a little over **3 cents per recipe**, you receive all I know that just permitted me to become a *professional chef*! **PLUS 4 FREE bonuses at a \$143+ value.**

You can spend dollars going to Chinese restaurants and eating their not-always-healthy food. You can spend years looking for ways to lose weight and live a healthy life. Or you can get **all my aunt's and my knowledge** for a **small amount** of money in **3 minutes**.

The **fastest** way to order is directly [online with our SECURE 3RD PARTY RETAILER - CLICKBANK](#) using Credit Card, eCheck or PayPal. With Clickbank your purchase is secure and bears the BBB reliability seal. Purchase with confidence and security. Keep in mind that when you use our order form on our Secure Server, you can access the ebook, download it and print it out within 5 minutes so you can start cooking authentic and healthy Chinese food for your family today.

Press on

Instant Download Click Here

and you will receive your full cookbook and your 4 super bonuses within the next 3 minutes! Yes, that's right... WITHIN 3 MINUTES. ClickBank will automatically give you access for instant download so you can start cooking all 500+ authentic and healthy Chinese recipes immediately and start cooking all your favorite Chinese food in this week.

If you do not have a credit card or PayPal account, or you prefer to pay using money order or certified check, please [click here](#).

**100% Money-Back Guarantee.
No Questions Asked**



If you want to order my cookbook, I insist you do so entirely at **my risk**. That is why the cookbook comes with a... **No risk, 100% Money-Back Guarantee**. There is absolutely NO RISK on your part with this ninety-day 100% Money-back Guarantee. What I mean is, I want you to order without feeling you might "get taken". After all, I am a very respected chef and my reputation is on the line. Therefore, I want you to order this cookbook today...read it, use it... if it is not 100% what I claim it to be, simply return it for an immediate refund of your purchase price within 90 days of your purchase. **And you can still keep you four FREE bonuses!** You simply can't lose.

Your "Nothing To Lose And Everything To Gain" Guarantee

I personally guarantee that you will **improve your and your family's healthy instantly**. Otherwise, we will give you **100% refund**. No questions asked. ALL of the bonuses (worth \$143+) as my way of saying thanks.

Hi Nicholas,

I think your cookbook is the best I've ever seen. We have a huge collection of cookbooks, both paper back and ebooks. I must have read more than 30 Chinese cooking books. But I never found one close to yours.

I am surprised to know that you spent 4 years on this cookbook. But I can see why. Look at the detailed cooking directions and beautiful pictures! I think it must be very hard for you to write in English since you are international. But you are doing great!

My whole family know your name, Nicolas. My son even asked me to invite you to our home and cook for us! (He is only 6 years old). Anyway, we all thank You for your wonderful cookbook and work!

Sharlyn
Singapore

[Click here to download Now!](#)

Hi Mr. Zhou,

One thing about your service that I like is that you're a real person.

I still remember last time when I wrote to you about using coconut oil in your recipe. I got your reply in 30 minutes after I sent the email. In your email, you gave detailed instructions on how to select coconut oil, what brand to buy and even pictures of your recommend products!

I was so impressed and even moved to tears. I mean I know your real <smile> but you actually correspond with us and ask for our opinions. I was very surprised... I thought most business were just sort of automated somehow. Its nice to have a personal touch. Thank you!

Ana
GB

[Click here to download Now!](#)

Dear Nicholas Zhou,

I am enjoying your recipes and I thank you for such a great cook book.

I would love to have you talk about Healthy Chinese Recipes on WSBS radio. I produce Ms Ruby's Food Talk on Thursday mornings at 9:30am eastern time with Ruth Adams Bronz who is a cookbook author and restaurant owner. What would you say to a 30 minute interview some Thursday morning.

Please let me know and keep the recipes coming. The ginger beef recipe was delicious.

Nick Diller - Morning host and Producer of
Ms Ruby's Food Talk on 860AM WSBS

[Click here to download Now!](#)

Hi, Nick,

I have enjoyed the recipes. Every time before I cook, I would print the recipes and bring them to my little kitchen. I can really feel that my cooking skill has been dramatically improved.

Last week I invited all my college friends to my house for my birthday party. You know what I cooked? I made hot and spicy spareribs, sautee string bean, almond chicken and bubble tea. My friends were amazed by them. They thought that I must have learnt cooking Chinese food for years. But you know I just bought your book last month!

I have printed most of your recipes and place them in a folder/binder for future cooking. It was all very good. Thanks so much!

William
Ireland

[Click here to download Now!](#)

Hi, Nicolas

I feel that I must write to you. I could never believe I can also enjoy all the food I want!

I began to cook Chinese food at home since I bought your wonderful cookbook in February. 5 months later, I managed to lost 25 pounds and 3 sizes without any special diet or treatment!

Then I told my friend Lisa about my story. She also got your book and started practicing cooking. You know what? She also lost 15 pounds in 2 and a half months.!

Mr. Zhou, thank you so much for your work! I would like to tell the whole world about how great your book is and how much I appreciate your help!

God bless you!

Sandra Henderson
Texas, USA

[Click here to download Now!](#)

I look forward to getting a letter from you, telling me about **your** experience of cooking Chinese food. Even though I get an enormous amount of mail, please write to me. I'd love to hear your success story!

Sincerely,

Nicholas Zhou

Nicholas Zhou - Author
"Real And Healthy Chinese Cooking"
ChineseFoodDIY.com

P.S. My cookbook and the two bonus books are electronic downloads so you can **get started right away!** No Shipping, No Waiting!

P.P.S. If you don't order "*Real And Healthy Chinese Cooking*" right now, how **will** you get all the mouthwatering and healthy Chinese recipes? How **will** you learn all of the tricks and techniques that you need to know to eat healthy and balanced food?

You have nothing to lose ordering "*Real And Healthy Chinese Cooking*", no matter what country you're in. [Start eating delicious and healthy Chinese food today!](#)

**The best way to stay healthy is to
eat healthy and balanced food in a daily basis.**

**Learn from master chefs with
40 years of cooking experience.**

[Affiliate Program](#) | [Privacy Policy](#) | [FAQ](#)

ChineseFoodDIY ® | Email: info@chinesefooddiy.com

[ChineseFoodDIY.com](http://www.chinesefooddiy.com) | MultipleProfit.com

Copyright © ChineseFoodDIY.com